



Monthly Well-Being Events: October 2019

Check out this month's presentations by clicking on the city of your choice below.

Not only are these presentations an opportunity to learn from experts about trending topics important to you, but completion of these activities can help you earn a Live Life Well Incentive! The deadline to complete and self-report activities on October 31, 2019. For more information about the Incentive, go to www.benefits.mt.gov/incentive.

Health Coaches from the Montana Health Center provide expert-guided, evidence-based, group and individualized health coaching.

Click on the city of your choice for events or presentations available in your area.

- [Billings](#)
- [Butte/Deer Lodge](#)
- [Helena](#)
- [Missoula](#)
- [Outside Health Center Areas](#)

[Online Registration Instructions](#)

To register for a class, follow the online registrations instructions below. (Please note, not all classes are available for online registration.) **Don't delay – classes have limited size and require registration!**

Go to www.CareHere.com, select Member Login, and log in with your **Username** and **Password**.

- Click on **Appointments**.
- Click on "Schedule Appointment" under Health Coaching.
- Click on date of the class.
- Select the drop-down menu next to "What."
- Select **Classroom** (the word Classroom might be in gray, however, please click on it).
- Click **Get Appointments**.
- Select the Class Name in blue you wish to attend.
- Select **Make Appointment**.

Available space will show in light green. If 'No Appointments Available' appears, the class is full. Select how you would like to be reminded of your appointment by selecting the drop-down menu next to "How would you like to be reminded of your appointment?" Click on "Confirm Appointment." You may also call 855-200-6822 for assistance with registering.

You can also view one of the recorded presentations anytime online at benefits.mt.gov/LiveLifeWellPresentations.

Click the link below to explore "Health Matters," an additional resource offered to our members from the Montana Health Centers.

[HealthMatters October Newsletter](#)

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).